



**Garden City Runners**

**News Release**

**2 December 2018**

## **Routledge takes on the SVN Challenge Genever hits target of 33 marathons**

### **Bedford Half Marathon**

A number of GCRs travelled to Bedfordshire to take part in the half marathon, described as mostly being on country roads in a loop from the race HQ in Wootton. Participants faced a strong head wind around most of the hilly course. News release writer Rebecca Barden reports that "the race was brilliantly organised by Bedford Harriers, with plenty of friendly marshals all the way round the course and at race HQ. In place of the usual t-shirt, finishers were rewarded with a black sports bag which I can only describe as 'useful'."

Rebecca was the first GCR home in 1hr 45mins and 50secs and was also pleased to achieve a negative split, with help from some welcome downhill in the second half. ALISTER PARRY completed the course in 1hr 49mins and 24secs. ANNE HENSON (*pictured right*) achieved a time of 1hr 57mins and 25secs earning her first V65 and was rewarded with a decorated ceramic bowl. KATH EVANS finished in 2hrs 27mins and 50secs.



## **Nottingham Christmas Marathon**

DAVE HEAL ran his 21<sup>st</sup> marathon on Saturday in Nottingham. Dave described the weather conditions as 'atrocious, strong winds and driving heavy rain'. Dave reported the following. "You had to run 8.75 laps around the National water centres rowing lake at Holme Pierrepont to complete a marathon-I was glad to finish this one after being windswept & drenched for 4hrs 51mins 39 secs official time & position 146/211." At the finish line Dave was greeted with a unique Christmas marathon medal, mince pie & Christmas stocking filled with chocolate & other Christmas goodies.

Dave has now completed 9 out of 12 marathons in 9 months, as part of the Global Marathon challenge award. Dave has to finish his 12<sup>th</sup> Marathon before the 25<sup>th</sup> March to receive his award. Best wishes to Dave in completing these.



## **Grim Challenge**

STUART WHITFORD completed the 8 mile race which takes place on the Army's vehicle testing circuit in Aldershot. Stuart reports that it is 'great fun if you enjoy wading through deep mud and water'. Unfortunately, this was the last ever event for this team having started in 2002. Stuart recalls fond memories of the early days when he used to organise a team for the charity where he worked. Stuart completed the event in 1hr 20 mins and place 241 out of 1000 runners.

## **The Dark Peaks Trail marathon**

Marathoner Nicholas Genever took on the Dark Peaks Trail marathon this weekend, set in the higher and wilder part of the Peak District. Nicholas explains that “the route had three climbs onto open moorland and a scenic section on forest trails next to the Derwent and Ladybower Reservoirs - the latter is currently empty, exposing the remains of the village of Derwent. The trails on the upper sections were very boggy and there was rain, strong wind and visibility was poor in low cloud.” Nicholas complete the course in 5hrs 24mins, covering a total ascent of 970m.

A further congratulation goes to Nicholas for whom this was his 33<sup>rd</sup> marathon this year, meaning he has achieved his target with a month to spare!

## **Beginners Graduation – Mud, medal and (s)miles**

This week saw the grand finale of our latest 10 weeks beginners’ course. Having started with a 60 second jogs in week one, on Tuesday the group ran a full 5K – a fantastic achievement. The torrential rain at Tuesday’s training was good preparation for six of our beginners who completed their Parkrun graduation 5K at Panshanger. First to finish was CHRIS PEASE (31:43) followed by TRACY BEHR (33:11) SARAH ROBERTSON (33:21) NAZ GEZER-CLARKE (33:22) FAITH HAZELL (34:33) and CLAIR EMMS (44:54). Congratulations to them all. Thank you to all the GCRs who turned out to support the group and to those who have helped out over the 10 week programme. The next beginners course starts on 15<sup>th</sup> January and will be led by Sandra Wise.



## **Saxon Viking Norman Challenge Event**

On Tuesday ALAN ROUTLEDGE took part in the SVN challenge at Pegwell Bay, Kent. It was a 6hr timed event. Alan details his experience below.

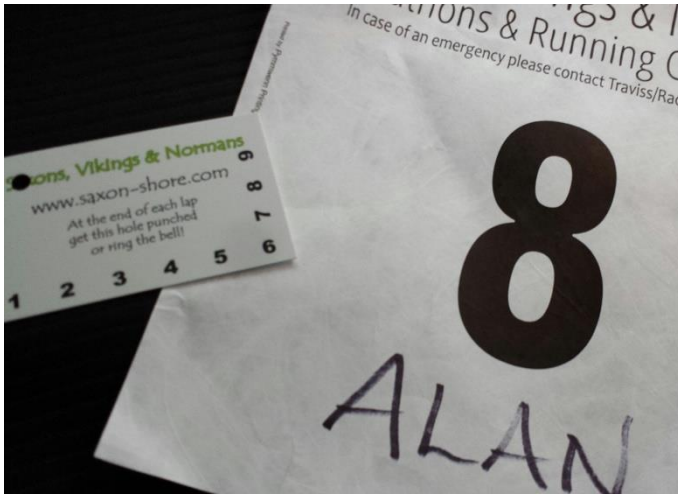
“Who doesn’t like a bit of bling at the end of a race? Self-satisfaction, pride & sense of achievement are all well & good, but it is also nice to come away with a memento that befits the weeks or months you have spent training & let’s face it, sometimes the organisers just don’t seem to come up with the goods... Then there is the goody-bag! Obligatory sample facial scrub / hand sanitizer, chewy cardboard biscuit, small bottle of water & (if you are lucky) a green banana!

Sound familiar? Then allow me to introduce you to SVN (Saxon, Viking, Norman) events – a company that prides itself on channelling much of your entry fee back into the rewards it dishes out at the end. Events are low key, usually with a theme, consist of multiple laps & have a 6 or 12hr time limit. Runners can stop for a break, then start again or even finish whenever they want to, which makes the whole thing very sociable & can be a fantastic introduction to running further, safe in the knowledge you are never very far away from the race HQ. If you have ever finished a run & felt like you could have gone a bit further that day, then one these events could give you the opportunity to find out, as there are no D.N.F’s!

The event I chose to enter was the ‘Viking Challenge’ –Unsurprisingly a Viking themed event, with a 6hr time limit, around a 3.28 mile loop, at Pegwell Bay, near Sandwich in Kent. The course forms part of the Viking coastal trail & is the home to a full size replica Viking longship called ‘The Hugin’ which was presented to Kent by the Danes in 1949 to commemorate 1500 years since the 1<sup>st</sup> Viking invasion. Now fully restored, the Hugin takes pride of place along the cliff top overlooking the bay & is a natural location to hold such an event.



The course itself was on a high-quality trail surface, that circumnavigated the Pegwell Bay nature reserve, before heading up the hill (nasty), past the Hugin, looped around part of the old hoverport approach road, then back past the Hugin & into the nature



reserve. Every time we went passed the start line, a nice team of helpers would punch a hole in the tag we had been given (to mark off the lap count) & off we went again.

Many participants are regular SVN runners, proudly displaying their lunacy via their T-shirts - such as '52 marathons in 52 weeks' & some were in

the middle of completing the SVN '10 events in 10 days' challenge! This close camaraderie gave the whole event a feeling of taking part in a club run (albeit a pretty long one) & new comers like me were made very welcome with lots of enthusiastic support.

As the day wore on, the number of runners out on the course started to dwindle, as they reached their own distance target & only the nutters still in it for a full marathon or the 50K long haul remained. Although you can keep going for 6hrs, the lap tag count only went up to the number 9 & so runners are 'encouraged' to stop at 50K (9.5 laps) which in the end was fine by me.

Finishers must ring a big brass bell with a wooden handle to indicate they are not going to continue, before being presented with their medal, which on this occasion looks like a piece of forged Saxon artwork & is massive. Next comes the goody bag - 'Galaxy or Dairy Milk?' was the question I got asked... & so I had this medal as big as my hand weighing a kilo, plus a huge slab of Galaxy, topped up with a Twix, a Kit-Kat, 2 bags of crisps & a bottle of Budweiser!

Although I'd just recently completed the Stort30 at the end of October, I was still hungry for one last hoorah in 2018. This SVN event had been on my list for a while & fitted in with the little time I still had available this year. The medal also looked awesome & I signed up, but almost immediately after entering, I began to suffer with a hamstring niggle that just wouldn't go away. So the 3 weeks between the two races

turned into a period of rehab rather than recovery / preparation & I just hoped that the 100's of miles of training already in my legs would see me through on the day.

So, how did it go I hear you ask? Well... not too bad thank you very much! Despite the niggle, I was still aiming for a sub 5hr 50K & everything was on track & going to plan for about 20miles or so. But as time went on, the most severe leg cramps I've ever experienced set in & just completing became the biggest challenge of all. Thanks to some great support from fellow competitors who seemed to be in the same state as me, we managed to keep going, by alternating a slow jog with a walk & I crossed the finish line in just under 5hr:18min for the full 50K distance (but then totally forgot to stop my watch!). Of the 75 competitors, only 15 of us completed the 9.5 laps for the full 50K distance & I finished in 5<sup>th</sup> place overall, in an official time of 5:17:56.



These are unashamedly no frills events. No event village with upbeat music, no chip timing, no organised baggage drop, no shelter, no massage tables, etc & even toilet facilities can be a bit hit or miss at certain venues. But they do have an enthusiastic team of helpers & an aid station chocca-block with assorted junk you can throw down your throat every lap to keep you going.

This was my 4<sup>th</sup> Ultra distance event in as many months & wanted to end the year with a really big reward to myself – SVN delivered the right mix of fun & challenge for me & I will certainly be going back for more!

Interested? Check out: <http://www.saxon-shore.com/>

Or see the run on Strava: <https://www.strava.com/activities/1988056477>

## **Parkrun roundup**

Parkrun location of the week goes to STEVE and ÅSA MOBERG GROUT taking on Tokoinranta parkrun in Helsinki. NEIL HUME was first home at Ellenbrook, closely followed by TOM WACKETT in 3<sup>rd</sup> place. PAUL GUY also claimed first place at Jersey Farm. MALCOLM DOWN took 2<sup>nd</sup> at Panshanger and JAMES HUIISH 3<sup>rd</sup> at Stevenage.

View all results for GCRs taking part in Saturday's parkruns [here](#).

<b>Course</b>	<b>GCR Member</b>	<b>Time</b>
<b>St Albans</b>	<b>Sam Smith</b>	<b>25:30</b>
<b>Bournemouth</b>	<b>Cassandra Belcher</b>	<b>27:41</b>
<b>Stevenage</b>	<b>James Huish</b>	<b>18:52</b>
	<b>Tichaonezvi J.Ruredzo</b>	<b>29:39</b>
<b>Panshanger</b>	<b>Malcolm Down</b>	<b>19:35</b>
	<b>Robert Casserley</b>	<b>20:39</b>
	<b>Ryan Kean</b>	<b>21:54</b>
	<b>Justin Hill</b>	<b>23:09</b>
	<b>Johan Preis</b>	<b>24:29</b>
	<b>Hannah Frank</b>	<b>24:35</b>
	<b>Ali Eroglu</b>	<b>24:39</b>
	<b>Justin Kean</b>	<b>25:02</b>
	<b>Matthew Hunt</b>	<b>25:30</b>
	<b>Jacky O'Leary</b>	<b>26:25</b>
	<b>Helen Stafford</b>	<b>26:50</b>
	<b>Thomas Parmley</b>	<b>27:40</b>
	<b>Nick Atkinson</b>	<b>29:00</b>
	<b>Richard Darley</b>	<b>29:40</b>
	<b>Jennifer Denman</b>	<b>31:43</b>
	<b>Chris Pease</b>	<b>31:43</b>
<b>Michael Wise</b>	<b>31:44</b>	
<b>Kath Evans</b>	<b>32:11</b>	
<b>Alex Yates</b>	<b>33:05</b>	

	<b>Tracy Behr</b>	<b>33:11</b>
	<b>Sarah Robertson</b>	<b>33:21</b>
	<b>Naz Gexer-Clarke</b>	<b>33:22</b>
	<b>Sandra Wise</b>	<b>33:43</b>
	<b>Karen Atkinson</b>	<b>33:57</b>
	<b>Jacqueline McCallum</b>	<b>34:13</b>
	<b>Fraser McCallum</b>	<b>34:27</b>
	<b>Faith Hazell</b>	<b>34:33</b>
	<b>Jane Molloy</b>	<b>34:47</b>
	<b>Clair Emms</b>	<b>44:54</b>
	<b>Dawn Redwood</b>	<b>44:54</b>
	<b>Maureen Steed</b>	<b>51:55</b>
<b>Thurrock</b>	<b>Daniel Pudner</b>	<b>21:44</b>
<b>Ellenbrook</b>	<b>Neil Hume</b>	<b>17:27</b>
	<b>Thomas Wackett</b>	<b>17:59</b>
	<b>Jack Tann</b>	<b>18:10</b>
	<b>Paul Marchant</b>	<b>20:33</b>
	<b>Rob Hughes</b>	<b>20:43</b>
	<b>Michael Tandy</b>	<b>21:37</b>
	<b>Sophie Marchant</b>	<b>23:03</b>
	<b>Terry Fowler</b>	<b>26:43</b>
	<b>Caroline Hughes</b>	<b>30:27</b>
<b>Castle Park</b>	<b>Richard Somerset</b>	<b>20:16</b>
<b>Letchworth</b>	<b>Mark Edwards</b>	<b>23:48</b>
<b>Tokoinranta</b>	<b>Steve Grout</b>	<b>Q26:53</b>
	<b>Asa Moberg Grout</b>	<b>30:02</b>
<b>Jersey Farm</b>	<b>Paul Guy</b>	<b>19:05</b>
	<b>Andrew Holt</b>	<b>21:29</b>
	<b>Michael Scutt</b>	<b>28:05</b>



## **Avery League 2018**

Details of the 2019 Avery League can be found [here](#).

## **GCR Strava Group**

If you'd like to join the GCR Strava community; [click here](#) for details of the group.

## **Forthcoming events**

Below is the list of future events. If you know of any others that you think your fellow members would enjoy, please send details to [results@gardencityrunners.org.uk](mailto:results@gardencityrunners.org.uk).

Event	Avery Race #	Date	Time	Online entry
<b>SEAA XC Masters Champs SEAA Inter-counties XC – Horspath</b>		<b>8<sup>th</sup> December</b>	<b>11:00am</b>	<i>See your captain</i>
<b>Festive 5</b>		<b>9<sup>th</sup> December</b>	<b>9:30am</b>	<a href="#">Click here</a>
<b>Sunday Cross Country League #3 Willian</b>		<b>16<sup>th</sup> December</b>	<b>10:30am</b>	<i>See your captain</i>
<b>Christmas Day parkruns Panshanger at 9:00am</b>		<b>25<sup>th</sup> December</b>	<b>various</b>	<a href="#">Click here</a>
<b>Buntingford Year End 10</b>		<b>30<sup>th</sup> December</b>	<b>10:30am</b>	<a href="#">Click here</a>
<b>New Year's Day parkruns Panshanger at 9:00am Ellenbrook Fields at 10:30am</b>		<b>1<sup>st</sup> January '19</b>	<b>various</b>	<a href="#">Click here</a>
<b>Sunday Cross Country League #4 Watford</b>	<b>1</b> (A)	<b>13<sup>th</sup> January '19</b>	<b>10:30am</b>	<i>See your captain</i>
<b>Fred Hughes 10</b>	<b>2</b> (A)	<b>20<sup>th</sup> January '19</b>	<b>10:00am</b>	<a href="#">Click here</a>
<b>SEAA XC Champs "The Southern" - Parliament Hill Fields</b>		<b>26<sup>th</sup> January '19</b>	<b>TBD</b>	<i>See your captain</i>
<b>Sunday Cross Country League #5</b>		<b>10<sup>th</sup> Feb '19</b>	<b>10:30am</b>	<i>See your captain</i>

<b>Royston</b>				
<b>ECCA XC Champs "The Nationals" - Leeds</b>		<b>23<sup>rd</sup> Feb '19</b>	<b>TBD</b>	<i>See your captain</i>

Ⓐ : denotes a 2019 Avery League race

### **Join Garden City Runners**

Do you live in or near Welwyn Garden City? Do you like running? Garden City Runners is your local running club, has over 250 members, and encourages participation by all. The club has a varied training programme to suit everyone, from working up to 5 kilometres and right through to full marathons.

Try a few sessions before joining. Membership is only £20 per year. Membership forms are available on the GCR website [www.gardencityrunners.org.uk](http://www.gardencityrunners.org.uk). Please ask if you would like a paper copy.

If you want to know more about the Garden City Runners please contact Helen Paine (Secretary) or Sue Fletcher (Membership) at [gcr@gardencityrunners.org.uk](mailto:gcr@gardencityrunners.org.uk), visit our website [www.gardencityrunners.org.uk](http://www.gardencityrunners.org.uk) or our Facebook page at [www.facebook.com/groups/gardencityrunners/](http://www.facebook.com/groups/gardencityrunners/).

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